



Updated 9/30/08

## Year 2009 at a Glance

### JANUARY

Cervical Health Awareness Month  
National Birth Defects Prevention Month  
National Blood Donor Month  
National Glaucoma Awareness Month  
  
5-11 National Folic Acid Awareness Week  
18-24 Healthy Weight Week  
19 King Day of Service  
19-25 National Certified Registered Nurses Week

### FEBRUARY

AMD/ Low Vision Awareness Month  
Heart Health Month  
National Cancer Prevention Month  
National Children's Dental Health Month  
Wise Health Consumer Month  
  
1 National Wear Red Day  
6 National Girls & Women in Sports Day  
8-14 National Child Passenger Safety Awareness Week  
8-14 National Cardiac Rehabilitation Week  
9-15 Random Acts of Kindness Week  
12-15 Trails Advocacy Week  
14 National Condom Awareness Day  
16-23 National Condom Week  
22- 28 National Eating Disorders Awareness Week  
Late February to early April  
BACCHUS Network Safe Spring Break Programming

### MARCH

American Red Cross Month  
Brain Injury Awareness Month  
Hemophilia Month  
National Colorectal Cancer Awareness Month  
National Developmental Disabilities Awareness Month

National Kidney Month  
National Nutrition Month  
National Poison Prevention Month  
National Professional Social Work Month  
Save Your Vision Month  
Workplace Eye Health and Safety Month

2-6 National School Breakfast Week  
2-8 National Sleep Awareness Week  
1-7 National Collegiate Health and Wellness Week  
15-21 National Poison Prevention Week  
14-20 National Pulmonary Rehabilitation Week  
1-7 National Problem Gambling Awareness Week  
22 World Water Day  
23-27 National Youth Violence Prevention Week  
25 American Diabetes Alert Day  
31 Kick Butts Day

### APRIL

National Alcohol Awareness Month  
National Cancer Control Month  
National Child Abuse Prevention Month  
National Counseling Awareness Month  
National Donate Life Month  
National Humor Month  
National Minority Health & Health Disparities Month  
National Occupational Therapy Month  
National STDs/Family Planning Awareness Month  
National Youth Sports Safety Month  
Sexual Assault Awareness Month  
STD Awareness Month  
Women's Eye Health and Safety Month

Late February to early April - BACCHUS Network Safe Spring Break Programming  
1 National Day of Hope  
3, 4 & 5 Alcohol-Free Weekend

# NWI 2009 National Health & Wellness Observances Calendar

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## APRIL (continued)

5 National Alcohol Screening Day  
5-11 National Public Health Week  
7 World Health Day  
12-18 National Environmental Education Week (eeweek)  
12 -18 National Health Information Privacy & Security Week  
13 -19 National Library Week  
14 International Moment of Laughter Day  
19-25 National Minority Cancer Awareness Week  
19-25 National Volunteer Week  
20-26 National TV-Turnoff Week  
20-26 Medical Fitness Week  
22 Earth Day  
23 Take Your Daughters and Sons to Work Day  
25-5/2 National Infant Immunization Week  
26-5/3 National SAFE KIDS Week  
26-5/3 National Youth Violence Prevention Week  
00 Cover the Uninsured Week (*2009 dates not available*)

## MAY

Asthma and Allergy Awareness Month  
Better Sleep Month  
Clean Air Month  
Correct Posture Month  
Healthy Vision Month/UV Safety Month  
Hepatitis Awareness Month  
Huntington's Disease Awareness Month  
National Arthritis Month  
National Bike Month  
National High Blood Pressure Education Month  
National Melanoma/Skin Cancer Detection and Prevention Month  
National Mental Health Month  
National Osteoporosis Awareness and Prevention Month  
National Physical Fitness and Sports Month  
National Stroke Awareness Month  
National Teen Pregnancy Prevention Month  
National Tuberous Sclerosis Awareness Month  
Older Americans Month  
  
26-May 3 National SAFE KIDS Week  
26-May 3 National Youth Violence Prevention Week  
27-May 3 National Volunteer Week  
1-7 National Physical Education and Sports Week  
2 Join Hands Day: Youth and Adults Volunteering Together  
3-9 North American Occupational Safety and Health Week (NAOSH)  
4-10 National Hug Holiday (seniors)  
3-9 International Building Safety Week  
6 School Nurses Day  
6 PROJECT ACES DAY  
6-12 National Nurses Week  
0 National Prevent Teen Pregnancy Day (*2009 dates not available*)

8 World Red Cross/ Red Crescent Day  
9 World Fair Trade Day  
10-16 International Building Safety Week  
10-16 National Hospital Week  
10-16 National Nursing Home Week  
10-16 Women's Health Week  
10-16 Bike to Work Week  
14-20 National Volunteer Week (Australia)  
17-23 National Emergency Medical Services Week  
18-6/1 Buckle Up America! Week/Clik It or Ticket Week  
20 National Employee Health and Fitness Day  
24-30 Older Americans Mental Health Week  
27 National Senior Health and Fitness Day  
31 World No Tobacco Day

## JUNE

Fireworks Safety Months (June/July)  
Home Safety Month  
National Great Outdoors Month  
National Safety Month  
National Scleroderma Awareness Month

1 Stand for Children Day  
1-National Cancer Survivors Day  
1-7 National Headache Awareness Week  
5-World Environment Day  
6 National Trails Day  
7 National Cancer Survivors Day  
14 World Blood Donor Day  
15-21 National Men's Health Week  
27 National HIV Testing Day  
28-7/4 National Clean Beaches Week

## JULY

Fireworks Safety Months (June/July)  
Eye Injury Prevention Month  
UV Safety Month  
  
6/28-7/4 National Clean Beaches Week  
12-18 National Therapeutic Recreation Week  
**18-23 34<sup>th</sup> Annual National Wellness Conference**  
19-25 Everyone Deserves A Massage Week

## AUGUST

Cataract Awareness Month  
Medic Alert Awareness Month  
National Immunization Awareness Month

1-7 World Breastfeeding Week  
9 International Day of the World's Indigenous People  
9-15 National Health Center Week

## SEPTEMBER

America on the Move Month

## **NWI 2009 National Health & Wellness Observances Calendar**

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### **SEPTEMBER (continued)**

Baby Safety Awareness Month  
Biodiversity Month  
Children's Eye Health and Safety Month  
Fruit & Veggie Month  
Healthy Aging™ Month  
Leukemia & Lymphoma Society Month  
National Alcohol and Drug Addiction Recovery Month  
National Cholesterol Education Awareness Month  
National Food Safety Education Month  
National Ovarian Cancer Awareness Month  
National Menopause Awareness Month  
National Preparedness Month  
National Sickle Cell Awareness  
National Work & Family Month  
National Yoga Month  
Prostate Health Month  
Sports and Home Eye Safety Month  
Whole Grains Month

1-7 National Childhood Injury Prevention Week  
6-12 Suicide Prevention Week  
7 National Threatened Species Day  
11 World Suicide Prevention Day  
13-19 Prostate Cancer Awareness Week  
15 Take A Loved One to the Doctor Day  
16 Backpack Awareness Day  
20-26 National Rehabilitation Week  
20-26 National Adult Immunization Awareness Week  
21-27 Active Aging Week  
21-27 National Farm Safety and Health Week  
23 America on the Move Day  
26 Family Health and Fitness Day USA  
26 National Public Lands Day  
30 National Women's Health & Fitness Day

### **OCTOBER**

Alzheimer's Association Memory Walk  
American Heart Walk  
Auto Battery Safety Month  
Children's Health Month  
Domestic Violence Awareness Month  
Health Literacy Month  
Healthy Babies Month  
Healthy Lung Month  
Lupus Awareness Month  
National Breast Cancer Awareness Month  
National Chiropractic Month  
National Crime Prevention Month  
National Dental Hygiene Month  
National Depression and Mental Health Screening Month  
National Disability Employment Awareness Month  
National Family Sexuality Education Month  
National Liver Awareness Month  
National Physical Therapy Month

National Spina Bifida Month  
National Spinal Health Month  
National Sudden Infant Death Syndrome (SIDS) Awareness Month  
National UNICEF Month: Trick-or-Treat for UNICEF  
National Work and Family Month  
Talk About Prescriptions Month  
Vegetarian Awareness Month

1 International Day of the Older Persons  
2 National Depression Screening Day  
4-10 National Fire Prevention Week  
4-10 National Mental Illness Awareness Week  
5 Child Health Day  
5 World Habitat Day  
5-11 National LPN Awareness and Recognition Week  
7 International Walk-to-School Day  
10 Put the Brakes on Fatalities Day  
10 World Mental Health Day  
13-17 National School Lunch Week  
16 World Food Day  
17 National Mammography Day  
18-24 International Infection Prevention Week  
18-24 National Massage Therapy Week  
18-24 National Quality Health Care Week  
19-25 National Respiratory Care Week  
19-25 National Consultant and Senior Care Pharmacists Week  
19-25 National Health Education Week  
20 World Osteoporosis Day  
21-27 National Collegiate Alcohol Awareness Week  
23-31 National Red Ribbon Campaign  
24 Take Back Your Time Day  
25 Make a Difference Day  
28 National Lung Health Day

### **NOVEMBER**

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American Diabetes Month  
American Indian & Alaska Native Heritage Month  
National Diabetic Eye Disease Month  
Great American Smoke out Month  
National Alzheimer's Disease Awareness Month  
National Child Mental Health Month  
National Epilepsy Awareness Month  
National Family Caregivers Month  
National Healthy Skin Month  
National Home Care Month  
National Hospice Month  
Prematurity Awareness Month

10-16 World Kindness Week  
14 World Diabetes Day  
15-21 American Education Week  
15 America Recycles Day  
15 World Kindness Day  
21 National Family Volunteer Day  
22-28 National Family Week

## NWI 2009 National Health & Wellness Observances Calendar

### **NOVEMBER (continued)**

19 Great American Smoke out  
26 National Family Health History Day  
25-Jan 2-Tie One On For Safety Campaign

### **DECEMBER**

Nov 25-Jan 2-Tie One On For Safety Campaign  
International Aids Awareness Month

National Drunk and Drugged Driving Prevention Month  
Safe Toys and Gifts Month  
1 World Aids Day  
1-7 National Aplastic Anemia Awareness Week  
3-9 National Hand Washing Awareness Week  
5 International Volunteer Day  
10 National Human Rights Day

## **2009 Health & Wellness Observances Sponsors**

### **JANUARY**

#### **Cervical Health Awareness Month**

National Cervical Cancer Coalition (NCCC)  
6520 Platt Ave. #693  
West Hills, CA 91307  
(818) 909-3849  
<http://www.nccc-online.org>

#### **National Birth Defects Prevention Month**

March of Dimes Birth Defects Foundation  
1275 Mamaroneck Avenue  
White Plains, NY 10605  
(914) 997-4488  
<http://www.marchofdimes.com>  
or  
Center for Disease Control & Prevention  
Mail Stop E- 86  
1600 Clifton Rd  
Atlanta, GA 30333  
(800) 311-3435  
<http://www.cdc.gov>

#### **National Blood Donor Month**

American Association of Blood Banks (AABB)  
8101 Glenbrook Road  
Bethesda, MD 20814-2749  
(301) 907-6977  
<http://www.aabb.org>

#### **National Glaucoma Awareness Month**

Glaucoma Research Foundation  
251 Post Street, Ste 600  
(800) 826-6693  
<http://www.glaucoma.org>

#### **January 5-11 National Folic Acid Awareness Week**

National Council on Folic Acid  
2000 N. Beauregard Street, 6th Floor  
Alexandria, VA 22311  
(703) 838-7551  
<http://folicacidinfo.org>

#### **January 18 - 24 Healthy Weight Week**

Healthy Weight Network  
402 South 14<sup>th</sup> Street  
Hettinger, ND 58639  
(701) 567-2646  
<http://www.healthyweightnetwork.com>

#### **January 19 (Martin Luther King Day) King Day of Service**

Corporation for National and community Service  
1201 New York Ave, NW  
Washington, DC 20525  
(202) 606-5000  
<http://www.mlkday.gov>

#### **January 19-25 National Certified Registered Nurses Week**

American Association of Nurse Anesthetists  
222 S. Prospect Ave  
Park Ridge, IL 60068-4001  
(847) 692-7050  
<http://www.aana.com>

(800) 331-2020  
<http://www.preventblindness.org>

#### **Heart Month**

Contact your local chapter of the American Heart Association at (800) AHA-USA1  
-or-  
AHA  
National Center  
7272 Greenville Avenue  
Dallas, TX 75231  
(800) 242-8721  
<http://www.americanheart.org>

#### **National Cancer Prevention Month**

American Institute for Cancer Research  
1759 R Street NW  
Washington D.C., 20009  
(800) 843-8114  
<http://www.aicr.org>

#### **National Children's Dental Health Month**

Contact the state or local dental society  
-or-  
American Dental Association  
211 East Chicago Avenue  
Chicago, IL 60611  
(312) 440-2500  
<http://www.ada.org>

#### **Wise Health Consumer Month**

American Institute for Preventive Medicine  
30445 Northwestern Highway, Suite 350  
Farmington Hills, MI 48334  
(800) 345-2476 or (248) 539-1800  
<http://www.healthylife.com>

### **FEBRUARY**

#### **AMD/Low Vision Awareness Month**

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606

## NWI 2009 National Health & Wellness Observances Calendar

### February (continued)

#### February 1

##### National Wear Red Day

The Heart Truth--a National Awareness Campaign for Women About Heart Disease  
National Heart, Lung, and Blood Institute  
Health Information Center  
P.O. Box 30105  
Bethesda, MD 20824-0105  
301-592-8573,  
<http://www.hearttruth.gov>  
or  
WomenHeart  
818 18<sup>th</sup> St., NW, Ste., 930  
Washington, DC 20006  
202-728-7199  
[www.womenheart.org](http://www.womenheart.org)

#### February 6

##### National Girls & Women in Sports Day

National Girls and Women in Sports Coalition  
c/o National Association for Girls and Women in Sport  
AAHPERD  
1900 Association Drive  
Reston, VA 20191-1598  
(703) 476-3400  
<http://www.aahperd.org/ngwsdcentral/>

#### February 8-14

##### National Child Passenger Safety Awareness Week

NHTSA  
1200 New Jersey Ave SE  
West Building  
Washington, DC 20590  
(888) 327-4236  
<http://www.nhtsa.dot.gov>

#### February 8-14

##### National Cardiac Rehabilitation Week

ACVPR Office  
401 N. Michigan Ave., Suite 2200  
Chicago, IL 60611  
(312) 321-5146  
<http://www.acvpr.org>

#### February 9-15

##### Random Acts of Kindness Week

Random Acts of Kindness Foundation  
1727 Tremont Place  
Denver, CO 80202  
(800) 660-2811  
<http://www.actsofkindness.org>

#### February 12-15 (2008 date)

##### Trails Advocacy Week

American Hiking Society  
1422 Fenwick Lane  
Silver Spring MD 20910  
(301) 565-6704  
<http://www.americanhiking.org/events/td/info@AmericanHiking.org>

#### February 14

##### National Condom Awareness Day

American Social Health Association  
PO Box 13827  
Research Triangle Park, NC 27709  
(919) 361-8400  
<http://www.ashastd.org>

#### February 16-23

##### National Condom Week

The Bacchus Network National Office  
PO Box 100430  
Denver CO 80250-0430  
(303) 871-0901  
<http://www.bacchusgamma.org>

#### February 22- 28

##### National Eating Disorders Awareness Week

National Eating Disorders Association  
603 Stewart St. Suite 803  
Seattle, WA 98101  
(206) 382-3587; (800) 931-2237  
[info@nationaleatingdisorders.org](mailto:info@nationaleatingdisorders.org)  
<http://www.nationaleatingdisorders.org>

##### Late February- Early April Collegiate Safe Spring Break Programming

The Bacchus Network National Office  
PO Box 100430  
Denver, CO 80250-0430  
(303) 871-0901  
<http://www.bacchusgamma.org>

## MARCH

##### American Red Cross Month

American Red Cross, National Headquarters  
2025 E Street, NW  
Washington, DC 20006  
(202) 303-4498  
-or- contact your local chapter  
<http://www.redcross.org>

##### Brain Injury Awareness Month

Brain Injury Association of America  
1608 Spring Hill Rd, Ste 110  
Vienna VA 22182

703-761-0750

<http://www.biausa.org>

##### Hemophilia Month

National Hemophilia Foundation  
116 W. 32<sup>nd</sup> St, 11<sup>th</sup> Floor  
New York, NY 10001  
(800) 424-2634  
<http://www.hemophilia.org>

##### National Colorectal Awareness Month

Cancer Research and Prevention Foundation  
1600 Duke Street, Suite 500  
Alexandria, VA 22314  
(800) 227-2732  
<http://www.preventcancer.org/colorectal>

##### National Developmental Disabilities Awareness Month

The Arc of the United States  
1010 Wayne Avenue, Suite 650  
Silver Spring, MD 20910  
(301) 565-3842  
<http://www.thearc.org>

##### National Kidney Month

National Kidney Foundation  
30 East 33<sup>rd</sup> Street  
New York, NY 10016  
(800) 622-9010  
<http://www.kidney.org>

##### National Nutrition Month

American Dietetic Association  
120 South Riverside Plaza, Suite 2000  
Chicago, IL 60606-6995  
(800) 877-1600  
<http://www.eatright.org>

##### National Poison Prevention Month

Poison Prevention Council  
P.O. Box 1543  
Washington, D.C. 20013  
(301) 504-7058  
<http://www.poisonprevention.org>  
or  
American Association of Poison Control Centers  
515 King Street, Ste 510  
Alexandria VA 22314  
(703) 894-1858  
Poison control emergency  
(800) 222-1222  
<http://www.aapcc.org>

# NWI 2009 National Health & Wellness Observances Calendar

## March (continued)

### National Professional Social Work Month

National Association of Social Workers  
750 First Street NE, Suite 700  
Washington, DC 20002-4241  
(202) 408-8600  
<http://www.socialworkers.org>

### Save Your Vision Month

American Optometric Association  
243 N. Lindbergh Boulevard, 1st Floor  
St. Louis, MO 63141  
(800) 365-2219  
<http://www.aoanet.org/>

### Workplace Eye Health and Safety Month

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
<http://www.preventblindness.org>

### March 2-6

### National School Breakfast Week

School Nutrition Association  
700 S. Washington St., Suite 300  
Alexandria, VA 22314  
(703) 739-3900  
<http://www.schoolnutrition.org>

### March 2-8 (week before daylight savings time)

### National Sleep Awareness Week

National Sleep Foundation  
1522 K Street, NW, Suite 500  
Washington, DC 20005  
(202) 347-3471  
<http://www.sleepfoundation.org>

### March 1-7

### National Collegiate Health and Wellness Week

The Bacchus Network National Office  
PO Box 100430  
Denver, CO 80250-0430  
(303) 871-0901  
<http://www.bacchusgamma.org>

### March 1-7

### National Problem Gambling Awareness Week

The National Council on Problem Gambling, Inc.  
216 G Street NE, Suite 200  
Washington, D.C. 20002  
1-800-522-4700 help line

(202) 547-9204  
<http://www.ncpgambling.org/>

### March 14-20 National Pulmonary Rehabilitation Week

American Association of Cardiovascular and Pulmonary Rehabilitation  
401 N. Michigan Ave, Suite 2200  
Chicago, IL 60611-4267  
(312) 321-5146  
<http://www.aacvpr.org>

### March 15-21 National Poison Prevention Week

Poison Prevention Week Council  
c/o U.S. Product Safety Commission  
PO Box 1543  
Washington, DC 20013  
(301) 504-7058  
<http://www.poisonprevention.org>

### March 22 (Same date each year) World Water Day

RC International Water and Sanitation Centre  
PO Box 2869  
2601 CW Delft  
The Netherlands  
Phone: +31 15 219 2939  
Fax: +31 15 219 2955  
<http://www.worldwaterday.org/page/121>

### March 23-27 National Youth Violence Prevention Week

National Association of SAVE  
322 Chapanoke Road, Suite 110  
Raleigh, NC 27603  
(866) 343-SAVE  
[info@nationalsave.org](mailto:info@nationalsave.org)  
<http://www.nationalsave.org/main/YVPC.php>

### March 25 American Diabetes Alert Day

American Diabetes Association  
Public Relations  
1701 N. Beauregard St.  
Alexandria, VA 22311  
(800) 342-2383  
<http://www.diabetes.org>

### March 31 Kick Butts Day

Campaign for Tobacco-Free Kids  
1400 I Street NW, Suite 1200  
Washington, DC 20005  
(202) 296-5469  
<http://www.tobaccofreekids.org>

## APRIL

### National Alcohol Awareness Month

SAMHSA's National Clearinghouse for Alcohol & Drug Information  
PO Box 2345  
Rockville MD 20847-2345  
(800) 729-6686 (to locate an area affiliate)  
<http://www.ncadi.samhsa.gov>

### National Cancer Control Month

Contact your local chapter or American Cancer Society  
National Home Office  
250 Williams Street  
Atlanta, GA 30329  
(800) 227-2345  
<http://www.cancer.org>

### National Child Abuse Prevention Month

Prevent Child Abuse America  
500 North Michigan Avenue, Suite 200  
Chicago, IL 60611  
(312) 663-3520  
<http://www.preventchildabuse.org>  
-or-  
Child Welfare Information Gateway  
Children's Bureau/ACYF  
1250 Maryland Avenue, SW  
Eighth Floor  
Washington, DC 20024  
703.385.7565 or 800.394.3366  
Email: [info@childwelfare.gov](mailto:info@childwelfare.gov)  
<http://www.childwelfare.gov/preventing/preventionmonth/>

### National Counseling Awareness Month

American Counseling Association (ACA)  
5999 Stevenson Ave.  
Alexandria, VA 22304  
(800) 347-6647  
<http://www.counseling.org>

### National Donate Life Month

HRSA Information Center  
P.O. Box 2910  
Merrifield, VA 22116  
(888) 275-4772  
(877) 489-4772  
<http://www.ask.hrsa.gov/Organ.cfm>

### National Humor Month

Carmel Institute Of Humor  
25470 Canada Drive  
Carmel CA 93923-8926  
(831) 624-3058  
<http://www.larrywilde.com/month/htm>  
<http://www.thehumorcollection.org/>

# NWI 2009 National Health & Wellness Observances Calendar

## April (continued)

### National Minority Health & Health Disparities Month

Office of Minority Health Resource Center  
PO Box 37337  
Washington, DC 20013-7337  
(800) 444-6472  
<http://www.omhrc.gov>

### National Occupational Therapy Month

The American Occupational Therapy Association  
PO Box 31220  
4720 Montgomery Lane  
Bethesda, MD 20824-1220  
(301) 652-2682 (800)-377-8555  
<http://www.aota.org/>

### National STD's/Family Planning Awareness Month

American Social Health Association  
PO Box 13827  
Research Triangle Park, NC 27709  
(919) 361-8400  
800-227-8922 hotline  
<http://www.ashastd.org>

### National Youth Sports Safety Month

National Youth Sports Safety Foundation, Inc.  
1 Beacon Street, Suite 3333  
Boston, MA 02108  
(617) 367-6677  
<http://www.nyssf.org>

### Sexual Assault Awareness Month

National Sexual Violence Resource Center  
123 North Enola Drive  
Enola, PA 17025  
(877) 739-3895  
[resources@nsvrc.org](mailto:resources@nsvrc.org)  
<http://www.nsvrc.org>

### Women's Eye Health and Safety Month

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 6006  
(800) 331-2020  
<http://www.preventblindness.org>

### Late February- Early April Safe Spring Break Programming

The BACCHUS Network National Office  
Association Task Force on Alcohol and Other Drugs

PO Box 100430  
Denver, CO 80250-0430  
(303) 871-0901  
<http://www.bacchusgamma.org>

**April 1 (first Wednesday of April)**

### National Day of Hope

Childhelp USA National Hdqtrs  
15757 N 78<sup>th</sup> Street  
Scottsdale, AZ 85260  
480-922-8212  
800-422-4453 (hot line)  
<http://www.childhelpusa.org>

**April 3,4 & 5**

### Alcohol-Free Weekend

National Council on Alcoholism and Drug Dependence, Inc.  
244 East 58<sup>th</sup> Street, 4<sup>th</sup> Floor  
New York, NY 10022  
(212) 269-7797  
(800) NCA-CALL (24-hr. helpline)  
[national@ncadd.org](mailto:national@ncadd.org)  
<http://www.ncadd.org>

**April 5**

### National Alcohol Screening Day

Screening for Mental Health, Inc.  
One Washington Street, Suite 304  
Wellesley Hills, MA 02481  
(781) 239-0071  
<http://www.mentalhealthscreening.org>

**April 5-11 (first full week April)**

### National Public Health Week

American Public Health Association  
800 I Street, NW  
Washington, DC 20001-3170  
(202) 777-2742  
<http://www.apha.org>

**April 7**

### World Health Day

World Health Organization  
Regional Office for the Americas  
525 23rd Street NW  
Washington DC 20037  
USA  
(202) 974-3000  
<http://www.who.org>  
<http://www.paho.org>

**April 12-18**

### National Environmental Education Week (eeweek)

National Environmental Education Foundation  
4301 Connecticut Ave, Ste 160  
Washington DC 20008  
(202) 261-6484  
[www.eeweek.org](http://www.eeweek.org)  
<http://www.neefusa.org/programs/eeeweek.htm>

**April 12-18**

### National Health Information Privacy & Security Week

American Health Information Management Association - AHIMA  
233 N. Michigan Avenue, 21st Floor  
Chicago, IL 60601-5800  
(312) 233-1100  
[info@ahima.org](mailto:info@ahima.org)  
<http://www.ahima.org>

**April 13-19**

### National Library Week

American Library Association  
50 East Huron Street  
Chicago, IL 60611  
(800) 545-2433 ext. 2153  
<http://www.ala.org>

**April 14**

### International Moment of Laughter Day

Izzy Gesell, Wide Angle Humor  
PO Box 962  
Northampton, MA 01061  
(413) 586-2634  
<http://www.izzyg.com>

**April 19-25**

### National Minority Cancer Awareness Week

National Cancer Institute  
Public Inquiries Office  
6116 Executive Boulevard, MSC  
8322, Suite 3036 A  
Bethesda, MD 20892-8322  
(800) 4-CANCER (800-422-6237)  
<http://cancernet.nci.nih.gov>

**April 19-25**

### National Volunteer Week

The Points of Light and Hands On Network  
1875 K St NW 5<sup>th</sup> Floor  
Washington, DC 20006  
(202) 279-8000  
<http://www.PointsofLight.org>

**April 20-26**

### National TV-Turnoff Week

Center for Screen Time Awareness  
1200 29<sup>th</sup> Street, NW  
Lower Level #1  
Washington, DC 20007  
[email@tvturnoff.org](mailto:email@tvturnoff.org)  
<http://www.tvturnoffyourtv.com>  
<http://www.screentime.org>

# NWI 2009 National Health & Wellness Observances Calendar

## April (continued)

### April 20-26

#### Medical Fitness Week

Medical Fitness Association  
PO Box 73103  
Richmond, VA 23235-8026  
804-897-5701  
<http://www.medicalfitness.org>

### April 22

#### Earth Day

Earth Day Network  
1616 P Street NW, Suite 340  
Washington, D.C. 20036  
USA  
(202) 518-0044  
<http://www.earthday.net>

### April 23 (fourth Thursday April)

#### Take Your Daughters and Sons to Work Day

Daughters And Sons To Work® Day  
(800) 676-7780  
[todastw@mindspring.com](mailto:todastw@mindspring.com)  
<http://www.daughtersandsonstowork.org/wmpage.cfm?parm1=49>

### April 25 – May 2

#### National Infant Immunization Week

CDC, National Immunization Program  
1600 Clifton Road, NE  
Mail Stop E05  
Atlanta, GA 30333  
(800) 311-3435  
<http://www.cdc.gov/vaccines/events/niiv>

w

### April 26 - May 3

#### National SAFE KIDS Week

Safe Kids Worldwide  
National SAFE KIDS Campaign  
1301 Pennsylvania Ave, NW,  
Suite 1000  
Washington, DC 20004-1707  
(202) 662-0600  
<http://www.safekids.org>

### April 27 – May 3

#### Cover the Uninsured Week

(202) 572-2928  
[info@covertheuninsuredweek.org](mailto:info@covertheuninsuredweek.org)  
<http://www.covertheuninsuredweek.org>

## MAY

#### Asthma and Allergy Awareness Month

Allergy and Asthma Foundation of America  
1233 20<sup>th</sup> Str NW, Ste 402  
Washington, DC 20036  
(800) 727-8462  
<http://www.aafa.org>  
<http://www.aanma.org>

#### Better Sleep Month

The Better Sleep Council  
501 Wythe St.  
Alexandria, VA 22314-1917  
(800) 586-4872  
<http://www.bettersleep.org>

#### Clean Air Month

American Lung Association  
Communications Department  
61 Broadway 6<sup>th</sup> Floor  
New York, NY 10006  
(800) 586-4872  
<http://www.lungusa.org>  
or  
Centers for Disease Control and Prevention, 1600 Clifton Rd, Atlanta, GA 30333, U.S.A.  
(800) 232-4636  
TTY: (888) 232-6348 24 Hours  
[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)  
<http://www.cdc.gov/features/cleanairmonth>

#### Correct Posture Month

American Chiropractic Association  
Communications Department  
1701 Clarendon Boulevard  
Arlington, VA 22209  
(703) 276-8800  
<http://www.amerchiro.org>

#### Healthy Vision Month/UV Safety

National Eye Institute  
2020 Vision Place  
Bethesda, MD 20892-3655  
(301) 496-5248  
<http://www.healthyvision2010.org/hvm>

#### Hepatitis Awareness Month

Hepatitis Foundation International  
504 Blick Drive  
Silver Springs, MD 20904  
(800) 891-0707  
<http://www.hepfi.org>

#### Huntington's Disease Awareness Month

Huntington's Disease Society of America

505 Eighth Ave., Suite 902  
New York, NY 10018  
(800) 345-4372  
<http://www.hdsa.org>

#### National Arthritis Month

Arthritis Foundation  
PO Box 7669  
1330 W. Peachtree Street, Suite 100  
Atlanta, GA 30357-0669  
(800) 283-7800  
<http://www.arthritis.org>

#### National Bike Month

League of American Bicyclists  
1612 K Street NW, Suite 800  
Washington, DC 20006-2850  
(202) 822-1333  
<http://www.bikeleague.org>

#### National High Blood Pressure Education Month

NHLBI Information Center  
PO Box 30105  
Bethesda, MD 20824-0105  
(301) 592-8573  
<http://www.nhlbi.nih.gov/>

#### National Melanoma/Skin Cancer Detection and Prevention Month

American Academy of Dermatology  
PO Box 4014  
Schaumburg, IL 60168-4014  
(866) 503-7546  
<http://www.aad.org>  
-or-  
American Cancer Society  
(866) 228-4327  
<http://www.cancer.org>

#### National Mental Health Month

National Mental Health Association  
2001 N. Beauregard St., 6<sup>th</sup> Floor  
Alexandria, VA 22311  
(703) 684-7722, (800) 969-6642  
<http://www.nmha.org>

#### National Osteoporosis Awareness Prevention Month

National Osteoporosis Foundation  
1232 22<sup>nd</sup> St., NW  
Washington, DC 20037-1202  
(202) 223-2226  
<http://www.nof.org>

# NWI 2009 National Health & Wellness Observances Calendar

## April (continued)

### National Physical Fitness and Sports Medicine Month

President's Council on Physical Fitness and Sports  
PCPFS  
Department W  
200 Independence Avenue SW  
Rm 738-H  
Washington, DC 20201-0004  
(202) 690-9000  
<http://www.fitness.gov>

### National Stroke Awareness Month

National Stroke Association  
9707 East Easter Ln. Bldg B  
Centennial, CO 80112  
(800) 787-6537 (STROKES)  
<http://www.stroke.org>  
-or-  
American Heart Association  
National Center  
7272 Greenville Avenue  
Dallas, TX 75231  
(800) 242-8721  
<http://www.americanheart.org>  
-or-  
contact your local American Heart Association office or call (800) 242-8721 or American Heart Association Stroke Connection Warm Line (800) 553-6321

### National Teen Pregnancy Prevention Month

Advocates for Youth  
2000 M Street NW, Suite 750  
Washington, DC 20036  
(202) 419-3420  
<http://www.advocatesforyouth.org>

### National Tuberous Sclerosis Awareness Month

Tuberous Sclerosis Alliance  
801 Roeder Rd., Suite 750  
Silver Spring, MD 20910  
(800) 225-6872  
<http://www.tsalliance.org/>

### Older Americans Month

U.S. Dept. of Health and Human Services  
Administration on Aging  
1 Massachusetts Ave, NW, Ste 4100  
Washington, DC 20201  
(202) 619-0724  
<http://www.aoa.dhhs.gov>

### April 27 – May 3

### National Volunteer Week

Points of Light and Hands on Network

1875 K St NW 5<sup>th</sup> Floor  
Washington, DC 20006  
(800) 750-7653 (202) 729-8000  
[Info@PointsofLight.org](mailto:Info@PointsofLight.org)  
<http://www.PointsofLight.org>

### April 26 - May 3 National SAFE KIDS Week

Safe Kids Worldwide  
National SAFE KIDS Campaign  
1301 Pennsylvania Ave, NW,  
Suite 1000  
Washington, DC 20004-1707  
(202) 662-0600  
[info@safekids.org](mailto:info@safekids.org)  
<http://www.safekids.org>

## MAY

### May 1-7 (same dates each year) National Physical Education and Sports Week

National Association for Sport and Physical Education (American Alliance for Health, Physical Education, Recreation, and Dance)  
1900 Association Drive  
Reston, VA 20191-1598  
(800) 213-7193 (703) 476-3400  
<http://www.aahperd.org>

### May 2 Join Hands Day: Youth and Adults Volunteering Together

Points of Light and Hands on Network  
1875 K St NW 5<sup>th</sup> Floor  
Washington, DC 20006  
(800) 750-7653 (202) 729-8000  
[Info@PointsofLight.org](mailto:Info@PointsofLight.org)  
<http://www.PointsofLight.org>

### May 3- 9 North American Occupational Safety and Health Week (NAOSH)

American Society of Safety Engineers  
1800 E Oakton St  
Des Plaines, IL 60018  
847-699-2929  
<http://www.asse.org/naosh>

### May 3-9 International Building Safety Week

International Code Council Foundation  
500 New Jersey Avenue, NW, 6<sup>th</sup> Floor  
Washington, DC 20001-2070 1-888-ICC-SAFE (422-7233), ext. 6327

### May 4-10 National Hug Holiday Week

Hugs for Health Foundation  
P.O. Box 896  
Seal Beach, CA 90740  
(714) 832-4847  
<http://www.hugs4health.org/>

### May 6-12 (same dates each year) National Nurses Week

American Nurses Association  
8515 Georgia Ave, Suite 400  
Silver Spring, MD 20910-3492  
(800) 274-4262  
<http://www.nursingworld.org>

### May 6 (during National Nurses Week) School Nurse Day

Corporate Headquarters  
8484 Georgia Ave, Suite 420  
Silver Springs, MD 20910  
(866) 627-6767  
<http://www.nasn.org>

### May 6 (first Wednesday in May) PROJECT ACES DAY

(All Children Exercise Simultaneously)  
Youth Fitness Coalition, Inc.  
PO Box 6452-Dept. W  
Jersey City, NJ 07306-0452  
hj@cofitness.net  
<http://www.projectaces.com>

### May 7 (2008)

### National Prevent Teen Pregnancy Day

The National Campaign to Prevent Teen Pregnancy  
1776 Mass. Ave, NW, Suite 200  
Washington, DC 20036  
(202) 478-8500  
campaign@teenpregnancy.org  
<http://www.teenpregnancy.org>

### May 8 (same date each year)

### World Red Cross/Red Crescent Day

American Red Cross, Intnl. Services  
National Headquarters  
2025 E Street, NW  
Washington, DC 20006  
(202) 303-4498  
or contact your local chapter  
<http://www.redcross.org>

### May 9

### World Fair Trade Day

International Fair Trade Association  
(IFAT)  
Prijssestraat 24  
4101 CR Culemborg  
The Netherlands  
[info@ifat.org](mailto:info@ifat.org)  
<http://www.ifat.org>

## NWI 2009 National Health & Wellness Observances Calendar

### May (continued)

**May 10-16** (second week of May)

#### **International Building Safety Week**

International Code Council Foundation  
(888) 422-7233

<http://www.icc-foundation.org>  
<http://www.iccsafe.org/safety/BSW/>

**May 10-16** (during week of May 12<sup>th</sup>)

#### **National Hospital Week**

American Hospital Association  
One North Franklin  
Chicago, IL 60606-3421  
(312) 422-3000  
<http://www.aha.org>

**May 10-16** (Mother's Day week)

#### **National Nursing Home Week**

American Health Care Association  
1201 L Street, N.W.  
Washington, DC 20005  
(202) 842-4444  
[http://www.ahcancal.org/events/national\\_nursing\\_home\\_week/Pages/default.aspx](http://www.ahcancal.org/events/national_nursing_home_week/Pages/default.aspx)

**May 10-16** (Mother's Day week)

#### **Women's Health Week**

Office on Women's Health  
Department of Health and Human Services  
200 Independence Ave, SW, Rm 712E  
Washington, DC 20201  
202-690-7650  
<http://www.4woman.gov/owh>

**May 10-16** (third week in May)

#### **Bike to Work Week**

League of American Bicyclists  
1612 K Street NW, Suite 800  
Washington, DC 20006-2850  
(202) 822-1333  
[bikeleague@bikeleague.org](mailto:bikeleague@bikeleague.org)  
<http://www.bikeleague.org>

**May 14-20** (2008)

#### **National Volunteer Week – Australia**

The Center for Volunteering  
228 Pitt Street, Level 2  
Sydney, NSW 2000  
[info@volunteer.com.au](mailto:info@volunteer.com.au)  
[http://www.volunteering.com.au/contact\\_us.asp](http://www.volunteering.com.au/contact_us.asp)

**May 17-23**

#### **National Emergency Medical Services Week**

American College of Emergency Physicians  
PO Box 61911  
1125 Executive Circle  
Irving, TX 75038-2522  
800-798-1822  
<http://www.acep.org/emsweek/>

**May 18-6/1**

#### **Buckle Up America! Week/Click It or Ticket Week**

NHTSA  
1200 New Jersey Ave, SE, West Building  
Washington, DC 20590  
(888) 327-4236  
<http://www.nhtsa.gov>

**May 20**

#### **National Employee Health and Fitness Day**

National Association for Health and Fitness  
c/o Be Active New York State  
65 Niagara Square, Room 607  
Buffalo, NY 14202  
(716) 583-0521 or (716) 851-4052  
<http://www.physicalfitness.org>

**May 24-30** (last full week in May)

#### **Older Americans Mental Health Week**

Older Women's League  
3300 N. Fairfax Drive, Suite 218  
Arlington, VA 22201  
(703) 812-7990 ext.21  
(703) 812-0687  
<http://www.owl-national.org>

**May 27**

#### **National Senior Health & Fitness Day**

National senior Health & Fitness Day  
Mature Market Resource Center  
1850 W. Winchester Rd., Suite 213  
Libertyville, IL 60048  
(847) 816-8660  
[info@fitnessday.com](mailto:info@fitnessday.com)  
<http://www.fitnessday.com>

**May 31**

#### **World No Tobacco Day**

American Health Organization  
WHO Regional Office for the Americas  
525 23<sup>rd</sup> St., NW  
Washington, DC 20037  
(202) 974-3000  
<http://www.who.int/tobacco/wntd/en>

### JUNE

**(June/July)**

#### **Fireworks Safety Months**

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, Illinois 60606  
800/331-2020  
<http://www.preventblindness.org>

#### **Home Safety Month**

Home Safety Council  
1250 Eye Street, NW, Suite 1000  
Washington, DC 20005  
(202) 330-4900  
[info@homesafetycouncil.org](mailto:info@homesafetycouncil.org)  
<http://www.homesafetycouncil.org/homesafetymonth>

#### **National Great Outdoors Month**

American Recreation Coalition  
1225 New York Ave. NW  
Suite 450  
Washington, DC 20005-6405  
202-682-9530  
<http://www.greatoutdoorsmonth.org/>

#### **National Safety Month**

National Safety Council  
1121 Spring Lake Drive  
Itasca, IL 60143-3201  
(630) 285-1121  
[info@ncs.org](mailto:info@ncs.org)  
<http://www.ncs.org>

#### **National Scleroderma Awareness Month**

United Scleroderma Foundation, Inc.  
300 Rosewood Drive, Suite 105  
Danvers, MA 01923  
(800) 722-4673  
<http://www.scleroderma.org>

**June 1**

#### **Stand for Children Day**

516 SE Morrison, Suite 410  
Portland, OR 97214  
(800) 663-4032  
<http://www.stand.org>

**June 1-7** (same each year)

#### **National Headache Awareness Week**

National Headache Foundation  
820 N. Orleans, Suite 217  
Chicago, IL 60610  
(888) NHF-5552  
<http://www.headaches.org>

# NWI 2009 National Health & Wellness Observances Calendar

## May (continued)

**June 5** (same date each year)

### World Environment Day

United Nations Environment Programme (UNEP)  
PO Box 30552  
United Nations Avenue  
Gigiri, Nairobi 00100  
Kenya  
[www.unep.org/wed](http://www.unep.org/wed)  
[Rajinde.sign@unep.org](mailto:Rajinde.sign@unep.org)

**June 6** (first Saturday in June)

### National Trails Day

American Hiking Society  
1422 Fenwick Lane  
Silver Spring MD 20910  
(301) 565-6704 or (800) 972-8608  
[info@AmericanHiking.org](mailto:info@AmericanHiking.org)  
<http://www.americanhiking.org/events/ntd/>

**June 7**

### National Cancer Survivors Day

National Cancer Survivors Day Foundation  
PO Box 682285  
Franklin TN 37068-2285  
(615) 794-3006  
[info@ncsdf.org](mailto:info@ncsdf.org)  
<http://www.ncsdf.org>

**June 14** (same date each year)

### World Blood Donor Day

<http://www.wbdd.org/>

**June 15-21** (ending with Father's Day)

### National Men's Health Week

National Men's Health Network  
PO Box 75972  
Washington D.C. 20013  
(202) 543-6461 x101  
<http://www.menshealthweek.org>

**June 27** (same date each year)

### National HIV Testing Day

National Association of People With Aids  
8401 Colesville Road  
Suite 505  
Silver Spring, MD 20910  
240-247-0880  
<http://www.napwa.org>

**June 28-July 4** (during 4<sup>th</sup> of July)

### Clean Beaches Week

Clean Beaches Council  
1225 New York Avenue, NW  
Suite 450  
Washington, DC 20005

202-682-9507  
[info@cleanbeaches.org](mailto:info@cleanbeaches.org)  
<http://www.cleanbeaches.org>

## JULY

**(June & July)**

**June 28-July 4** (during 4<sup>th</sup> of July)  
**Clean Beaches Week**

**(June & July)**

### Fireworks Safety Months

National Council on Fireworks Safety  
1700 Pennsylvania Ave, Ste 400  
Washington DC 20006  
(202) 349-7127  
[getinfo@fireworksafety.com](mailto:getinfo@fireworksafety.com)  
<http://www.fireworksafety.com/>

### Eye Injury Prevention Month

Federal Occupational Health  
4550 Montgomery Ave, Ste 900  
Bethesda, MD 20814  
(301) 594-0260 or (800) 457-9808  
<http://www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp>

### UV Safety Month

American Academy of Ophthalmology  
PO Box 7424  
San Francisco, CA 94120-7424  
(415) 561-8500  
<http://www.preventblindness.org>  
and  
[http://www.earthgauge.net/wp-content/fact\\_sheets/EG\\_UV\\_Safety.pdf](http://www.earthgauge.net/wp-content/fact_sheets/EG_UV_Safety.pdf)

**July 12-18** (second week in July)  
**National Therapeutic Recreation Week**

NTRS  
Branch of the National Park and Recreation Association  
22377 Belmont Ridge Road  
Ashburn, VA 20148  
(703) 858-0784  
<http://www.nrpa.org>

**July 18-23, 2009**

**34<sup>th</sup> Annual**

**National Wellness Conference**  
(UW-Stevens Point Campus)

National Wellness Institute  
PO Box 827; 1300 College Court  
Stevens Point, WI 54481-0827  
(800) 243-8694  
<http://www.nationalwellness.org>

**July 19-25**

### Everybody Deserves Massage Week

Assoc. Bodywork and Massage Prof.  
1271 Sugarbush Dr.  
Evergreen, CO 80439-9766  
(800) 458-2267  
<http://www.abmp.com>

## AUGUST

### Cataract Awareness Month

American Academy of Ophthalmology  
PO Box 7424  
San Francisco, CA 94120  
(415) 561-8500  
<http://www.aao.org>

### Medic Alert Awareness Month

Medic Alert Foundation International  
2323 Colorado Avenue  
Turlock, CA 95382  
(888) 633-4298  
<http://www.medicalert.org>

### National Immunization Awareness Month

Center for Disease Control & Prevention  
1600 Clifton Rd.  
Atlanta GA 30333  
(800) 232-4636  
<http://www.cdc.gov/vaccines>

**August 1-7**

### World Breastfeeding Week

La Leche League International  
PO Box 4079  
Schaumburg, IL 60168-4079  
(800) 525-3243  
<http://www.llli.org/>

**August 9 (always)**

### International Day of the World's Indigenous People

Dag Hammarskjöld Library  
United Nations  
Consortium and Collections Unit,  
Room L-360  
405 East 42nd Street  
New York, N.Y. 10017 USA  
(212) 963-7395 - Room: L-105  
<http://www.un.org/depts/dhl/indigenous/>

**August 9-15** (second week in August)  
**National Health Center Week**

National Association of Community Health Centers, Inc.  
7200 Wisconsin Ave., Suite 210  
Bethesda, MD 20814  
301-347-0400  
<http://www.healthcenterweek.com/>

## SEPTEMBER

### America on the Move - Month of Action

American on the Move Foundation  
44 School St. Ste. 325  
Boston, MA 02108  
(800)807-0077 or (617) 367-6894  
<http://www.americaonthemove.org>

### Baby Safety Awareness Month

Juvenile Product Manufacturers Association  
15000 Commerce Parkway, Suite C  
Mt. Laurel, NJ 08054  
(856) 638-0420  
[jpma@ahint.com](mailto:jpma@ahint.com)  
<http://www.jpma.org>

### BioDiversity Month

Dept. of the Environment and Heritage  
GPO Box 787  
Canberra ACT 2601  
Australia  
<http://www.environment.gov.au/biodiversity/>

### Children's Eye Health and Safety Month

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
<http://www.preventblindness.org>

### Fruit & Veggie Month

Fruits & Veggies More Matters  
5341 Limestone Rd  
Wilmington DE 19808  
(302) 235-2329  
<http://www.fruitsandveggiesmatter.gov>  
<http://www.movingtothefuture.org>

### Healthy Aging™ Month

Healthy Aging Campaign  
Educational Television Network, Inc.  
PO Box 442  
Unionville, PA 19375  
(610) 793-0979  
[info@healthyaging.net](mailto:info@healthyaging.net)  
<http://www.healthyaging.net>

### Leukemia & Lymphoma Awareness Month

Leukemia and Lymphoma Society of America  
1311 Mamaroneck Ave  
White Plains, NY 10605  
(914) 821-8806; (800) 955-4572  
<http://www.leukemia-lymphoma.org>

### National Alcohol and Drug Addiction Recovery Month

Substance Abuse and Mental Health Services Administration (SAMHSA)  
National Clearinghouse for Alcohol and Drug Information  
PO Box 2345  
Rockville, MD 20847-2345  
(800) 729-6686  
<http://www.recoverymonth.gov>

### National Cholesterol Education Awareness Month

National Heart, Lung, and Blood Institute Information Center  
PO Box 30105  
Bethesda, MD 20824-0105  
(301) 592-8573  
<http://hp2010.nhlbihin.net/cholmonth/>

### National Food Safety Education Month

International Food Safety Council  
National Restaurant Association Educational Foundation  
International Food Safety Council  
175 W. Jackson Blvd.  
Suite 1500  
Chicago, IL 60604-2702  
(800) 765-2122  
<http://www.nraef.org/nfsem/>

### National Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition, Inc.  
500 NE Spanish River Blvd., Suite 8  
Boca Raton, Florida 33431  
Phone: 561-393-0005  
888-OVARIAN (888) 682-7426  
<http://www.ovarian.org>

### National Menopause Awareness Month

NorthAmerican Menopause Society  
PO Box 9427  
Cleveland, OH 44101  
(440) 442-7550  
[info@menopause.org](mailto:info@menopause.org)  
<http://www.menopause.org>

### National Preparedness Month

Cosponsored by  
American Red Cross  
National Headquarters  
2025 E Street, NW  
Washington, DC 20006  
(800) 733-2767  
<http://www.redcross.org/>  
and  
U.S. Dept of Homeland Security  
Washington, D.C. 20528  
202-282-8000  
<http://www.ready.gov/>

### National Sickle Cell Awareness Month

Sickle Cell Disease Association of America, Inc.  
231 East Baltimore Street, Suite 800  
Baltimore, MD 21202  
(800) 421-8453  
[scdaa@sicklecelldisease.org](mailto:scdaa@sicklecelldisease.org)  
<http://www.sicklecelldisease.org>

### National Work & Family Month

AWLP Headquarters  
14040 N. Northsight Blvd.  
Scottsdale, AZ 85260  
480/922-2007; 800/874-9383  
[awlp@worldatwork.org](mailto:awlp@worldatwork.org)  
<http://www.awlp.org/awlp/nwfm/nwfm-home.jsp>

### National Yoga Month

Yoga Health Foundation  
4051 Glencoe Avenue, #10  
Marina del Rey, CA 90292  
(310) 928-3720  
[support@yogamonth.org](mailto:support@yogamonth.org)  
[www.yogamonth.org](http://www.yogamonth.org)

### Prostate Health Month

National Prostate Cancer Coalition  
1154 Fifteenth Street, NW  
Washington, DC 20005  
202-463-9455 or 888-245-945  
[info@fightprostatecancer.org](mailto:info@fightprostatecancer.org)  
<http://www.menshealthnetwork.org>

### Sports and Home Eye Safety Month

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
<http://www.preventblindness.org>

### Whole Grains Month

The Whole Grains Council  
226 Beacon Street  
Boston, MA 02116  
(617) 421-5500  
[cynthia@oldwayspt.org](mailto:cynthia@oldwayspt.org)  
[www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september](http://www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september)

## NWI 2009 National Health & Wellness Observances Calendar

### September (continued)

**September 1-7** (same date each year)

#### **National Childhood Injury Prevention Week**

The American Academy of Pediatrics  
141 Northwest Point Boulevard  
Elk Grove Village, IL 60007-1098  
847/434-4000  
<http://www.aap.org/healthtopics/safety.cfm>

Safe Kids Worldwide  
1301 Pennsylvania Ave, NW, Ste 125  
Centennial, CO 80112  
(866) 477-6788  
<http://www.pcaaw.com>

#### **September 6-12 Suicide Prevention Week**

American Association of Suicidology  
5221 Wisconsin Ave, NW  
Washington, DC 20015  
(202) 237-2280  
<http://www.suicidology.org>

**September 7** (same date each year)

#### **National Threatened Species Day**

U.S. Headquarters  
World Wildlife Fund (WWF)  
1250 Twenty-Fourth Street, NW  
PO Box 97180  
Washington, DC 20090-7180  
(202) 293-4800  
<http://www.worldwildlife.org/>

### September 11

#### **World Suicide Prevention Day**

International Association for Suicide Prevention  
I.A.S.P. Central Administrative Office  
Le Barade  
F-32330 Gondrin – France  
Phone: +33 562 29 19 47  
Fax: +33 562 29 19 47  
<http://www.med.uio.no/iasp/>

### September 13-19

#### **Prostate Cancer Awareness Week**

Prostate Cancer Education Council  
5299 DTC Blvd., Suite 345  
Greenwood Village, CO 80111  
(866) 477-6788  
<http://www.pcaaw.org/>

Men's Health Network  
P.O. Box 75972  
Washington, D.C. 20013  
202-543-6461  
[info@menshealthnetwork.org](mailto:info@menshealthnetwork.org)  
<http://www.menshealthnetwork.org/>

#### **September 15 (third Tuesday) Take A Loved One to the Doctor Day**

National Health Information Center  
PO Box 1133  
Washington DC 20013-1133  
800-444-6472  
<http://healtifinder.gov/orgs>

#### **September 16 (third Wednesday) Backpack Awareness Day**

The American Occupational Therapy Association  
PO Box 31220  
4720 Montgomery Lane  
Bethesda, MD 20814-1220  
(301) 652-2682  
<http://www.aota.org>

#### **September 20-26 National Rehabilitation Week**

National Rehabilitation Awareness Foundation  
100 Abington Exec Park  
Scranton, PA 18411  
(800) 943-6723  
<http://www.nraf-rehabnet.org/>

#### **September 20-26 National Adult Immunization Awareness Week**

CDC-INFO Contact Center at:  
(800) CDC-INFO  
(800) 232-4636  
(888) 232-6348  
[cdc.info@cda.gov](mailto:cdc.info@cda.gov)  
<http://www.cdc.gov/vaccines/events/naiaw/default.htm>

#### **September 21-27 (last full week) Active Aging Week**

International Council on Active Aging  
3307 Trutch Street  
Vancouver, BC Canada V6L 2T3  
866-335-9777 or (604) 734-4466  
<http://www.icaa.cc>

#### **September 21-27 National Farm Safety and Health Week**

National Educational Center for Agricultural Safety  
10250 Sundown Rd.  
Peosta, IA 52068  
(888) 844-6322  
<http://www.nsc.org/necas>

#### **September 23 America on the Move Day**

The Partnership to Promote Healthy Eating and Active Living  
44 School St., Suite 325  
Boston, MA 02108  
(800) 807-0077  
<http://www.americaonthemove.org>

#### **September 26 (last Saturday, September) Family Health and Fitness Day USA**

Health Information Resource Center  
1850 W. Winchester Rd., Suite 213  
Libertyville, IL 60048  
(847) 816-8660  
[info@fitnessday.com](mailto:info@fitnessday.com)  
<http://www.fitnessday.com>

#### **September 26 National Public Lands Day**

National Public Lands Day  
4301 Connecticut Ave., NW,  
Suite 160  
Washington, D.C. 20008  
(202) 833-2933  
[npld@neefusa.org](mailto:npld@neefusa.org)  
[www.neefusa.org](http://www.neefusa.org)

#### **September 30 (last Wednesday, September) National Women's Health & Fitness Day**

Health Information Resource Center  
1850 W. Winchester Rd., Suite 213  
Libertyville, IL 60048  
(800) 828-8225 or (847) 816-8660  
[info@fitnessday.com](mailto:info@fitnessday.com)  
<http://www.fitnessday.com>

## OCTOBER

#### **Alzheimer's Association Memory Walk (Fall Weekend)**

Dates vary depending on your location.  
Contact your local Alzheimer's Association  
-or-

Alzheimer's Association  
225 N. Michigan Avenue, FL 17  
Chicago, IL 60601  
(800) 272-3900  
[memorywalk@alz.org](mailto:memorywalk@alz.org)  
<http://www.alz.org>

# NWI 2009 National Health & Wellness Observances Calendar

## October (continued)

### American Heart Walk

Dates vary depending on your location.  
Contact your local American Heart Association or call (800) AHA-USA1 (800-242-8721)  
-or-  
American Heart Association  
National Center  
7272 Greenville Avenue  
Dallas, TX 75231-4596  
(800) 242-8721 or (214) 373-6300  
<http://www.americanheart.org>

### Auto Battery Safety Month

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
<http://www.preventblindness.org>

### Children's Health Month

Office of Children's Health Protection  
U.S. Environmental Protection Agency  
MC 1107A Rm 2512 Ariel Rios North  
1200 Pennsylvania Ave, NW,  
Washington, DC 20004  
(202) 564-2188  
<http://yosemite.epa.gov/ochp/ochpweb.nsf/content/chm.htm>

Healthy Child Healthy World  
12300 Wilshire Boulevard, Suite 320  
Los Angeles, California 90025  
Tel: 310.820.2030  
<http://healthychild.org/about>

### Domestic Violence Awareness Month

National Coalition Against Domestic Violence –  
(contact your state coalition)  
1120 Lincoln Street, Suite 1603  
Denver, CO 80203  
(303) 839-1852  
National Domestic Violence Hotline:  
(800) 799-SAFE (7233)  
<http://www.ncadv.org>

Domestic Violence Awareness Project  
National Resource Center for Domestic Violence  
6400 flank Drive, Suite 1300  
Harrisburg, PA 17112-2791  
(800) 537-2238 (800) 553-2508  
[ck@pcadb.org](mailto:ck@pcadb.org)  
[dvam.vawnet.org](http://dvam.vawnet.org)

### Health Literacy Month

Health Literacy Consulting  
31 Highland Street, Suite 201  
Natick, MA 01760

(508) 653-1199  
[helen@healthliteracy.com](mailto:helen@healthliteracy.com)  
<http://www.healthliteracy.com>

### Healthy Babies Month

March of Dimes/Birth Defects Foundation  
1275 Mamaroneck Avenue  
White Plains, NY 10605  
(914) 997-4488  
<http://www.marchofdimes.com>

### Healthy Lung Month

American Lung Association  
61 Broadway, 6<sup>th</sup> Floor  
New York, NY 10006  
(212) 315-8700  
<http://www.lungusa.org>  
Contact your local Lung Association or  
(800) LUNGUSA

### Lupus Awareness Month

Lupus Foundation of America, Inc.  
2000 L Street, N.W., Suite 710  
Washington, DC 20036  
(800) 558-0121 or (202) 349-1155  
<http://www.lupus.org>

### National Breast Cancer Awareness Month

nbcamquestions@yahoo.com  
<http://nbcam.org/>  
-or-

The Susan G. Komen Breast Cancer Foundation at (800) 462-9273  
<http://www.komen.org>  
-or-

National Cancer Institute's Cancer Information Service  
(800) 4-CANCER  
<http://cancernet.nci.nih.gov>

### National Chiropractic Month

American Chiropractic Association  
1701 Clarendon Boulevard  
Arlington, VA 22209  
703 276 8800  
[memberinfo@acatoday.org](mailto:memberinfo@acatoday.org)  
<http://www.amerchiro.org/>

### National Crime Prevention Month

National Crime Prevention Council  
2345 Crystal Drive  
Suite 5000  
Arlington, VA 22202-4801  
(202) 466-6272  
<http://www.ncpc.org>

### National Dental Hygiene Month

American Dental Hygienists Assn  
444 N. Michigan Avenue, Suite 3400  
Chicago, IL 60611  
(312) 440-8937

<http://www.adha.org>

### National Depression and Mental Health Screening Month

Screening for Mental Health, Inc.  
One Washington St, Suite 304  
Wellesley Hills, MA 02481  
(781) 239-0071  
[smhinfo@mentalhealthscreening.org](mailto:smhinfo@mentalhealthscreening.org)  
<http://www.mentalhealthscreening.org>

### National Disability Employment Awareness Month

U.S. Dept. of Labor  
Frances Perkins Building  
200 Constitution Avenue, NW  
Washington, DC 20210  
866-4-USA-DOL  
TTY: 1-877-889-5627  
<http://www.dol.gov/>

### National Family Sexuality Education Month

Planned Parenthood Federation of America  
434 West 33<sup>rd</sup> St.  
New York, NY 10001  
(212) 541-7800 or  
(800) 230-PLAN (7526)  
<http://www.plannedparenthood.org/>

### National Liver Awareness Month

American Liver Foundation  
75 Maiden Lane, Suite 603  
New York, NY 10038  
(800) 465-4837  
<http://www.liverfoundation.org>

### National Physical Therapy Month

American Physical Therapy Association  
1111 N. Fairfax Street  
Alexandria, VA 22314-1488  
(800) 999-2782  
<http://www.apta.org>

### National Spina Bifida Month

Spina Bifida Association of America  
4590 MacArthur Boulevard NW, Suite 250  
Washington, DC 20007  
(800) 621-3141  
<http://www.sbaa.org>

### National Spinal Health Month

American Chiropractic Association  
Communications Department  
1701 Clarendon Boulevard  
Arlington, VA 22209  
(800) 986-4636  
<http://www.amerchiro.org>

# NWI 2009 National Health & Wellness Observances Calendar

## October (continued)

### National Sudden Infant Death Syndrome (SIDS) Awareness Month

SIDS Alliance  
1314 Bedford Avenue, Suite 210  
Baltimore, MD 21208  
(800) 221-7437  
[info@firstcandle.org](mailto:info@firstcandle.org)  
<http://www.sidsalliance.org>

### National UNICEF Month: Trick-or-Treat for UNICEF.

National Office of the US Fund for UNICEF  
125 Maiden Lane  
New York, NY 10038  
(800) 486-4233 or (212) 686-5522  
<http://www.unicefusa.org>

### National Work and Family Month

Alliance for Work-Life Progress  
14040 N. Northsight Blvd.  
Scottsdale, AZ 85260  
(800) 874-9383  
[awlp@worldatwork.org](mailto:awlp@worldatwork.org)  
<http://www.awlp.org>

### Talk About Prescriptions Month

National Council on Patient Information and Education  
4915 Saint Elmo Ave., Suite 505  
Bethesda, MD 20814-6082  
(301) 656-8565  
[ncie@ncpie.info](mailto:ncie@ncpie.info)  
<http://www.talkaboutrx.org>

### Vegetarian Awareness Month

North American Vegetarian Society  
PO Box 72  
Dolgeville, NY 13329  
(518) 568-7970  
[navs@telenet.net](mailto:navs@telenet.net)  
<http://www.worldvegetarianday.org>

### October 1 International Day of Older Persons HREA - Netherlands Office

Postbus 59225  
1040 KE Amsterdam  
Tel: +31 20 524 1404  
Fax: +31 20 524 1498  
**HREA - USA Office**  
PO Box 382396  
Cambridge, MA 02238  
Visiting address:  
97 Lowell Road  
Concord, MA 01742  
1 978 341-0200  
[www.hrea.org/feature-events/day-older-persons](http://www.hrea.org/feature-events/day-older-persons)

### October 2 National Depression Screening Day

Screening for Mental Health, Inc.  
One Washington Street, Suite 304  
Wellesley Hills, MA 02481  
(781) 239-0071  
[smhinfo@mentalhealthscreening.org](mailto:smhinfo@mentalhealthscreening.org)  
<http://www.mentalhealthscreening.org>

### October 4-10 (Always week including October 9 – Chicago Fire) National Fire Prevention Week

National Fire Protection Association  
1 Batterymarch Park; PO Box 9101  
Quincy, MA 02169-7471  
(617) 770-3000  
<http://www.nfpa.org>

### October 4-10 National Mental Illness Awareness Week

American Psychiatric Association  
1000 Wilson Blvd., Suite 1825  
Arlington, VA 22209-3901  
(703) 907-7300, (888) 357-7924  
[apa@psych.org](mailto:apa@psych.org)  
<http://www.healthyminds.org>

### October 5 (first Monday October) Child Health Day

U.S. Dept. of Health and Human Services  
Health Resources and Services Admin.  
Maternal and Child Health Bureau  
Parklawn Building, Room 18-05  
5600 Fishers Lane  
Rockville, MD 20857  
(301) 443-2170  
<http://mchb.hrsa.gov>

### October 5 (first Monday October) World Habitat Day

UN Habitat  
PO Box 30030, GPO  
Nairobi 0010, Kenya  
[infohabitat@unhabitat.org](mailto:infohabitat@unhabitat.org)  
<http://www.unhabitat.org/>

### October 5-11 National LPN Awareness & Recognition Week

National Federation of Licensed Practical Nurses, Inc.  
605 Poole Drive  
Garner, NC 27529  
(919) 779-0046  
<http://www.nflpn.org/>

### October 7 International Walk-to-School Day

National Center for Safe Routes to School  
730 Martin Luther King Jr. Blvd.  
Suite 300/Campus Box 3430  
Chapel Hill, NC 27599-3430  
[walk@walktoschool.org](mailto:walk@walktoschool.org)  
<http://www.walktoschool.org/>

### October 10 (always October 10) Put the Brakes on Fatalities Day

The Transportation and Development Institute of the American Society of Civil Engineers (T&DI)  
(703) 295-6395  
[pbfday@asce.org](mailto:pbfday@asce.org)  
<http://www.brakesonfatalities.org>

### October 10 (always October 10) World Mental Health Day

World Federation for Mental Health  
6564 Loisdale Court, Suite 301  
Springfield, VA 22150-1812  
USA  
703.313.8680  
[info@wfmh.com](mailto:info@wfmh.com)  
<http://www.wfmh.org>

### October 12-16 (second full week) National School Lunch Week

School Nutrition Association  
700 South Washington Street, Suite 300  
Alexandria, VA 22314  
(703) 739-3900  
[servicecenter@schoolnutrition.org](mailto:servicecenter@schoolnutrition.org)  
<http://www.schoolnutrition.org>

### October 16 (always Oct 16) World Food Day

National Committee for World Food Day  
2175 K Street NW  
Washington, DC 20437  
(202) 653-2404  
<http://www.worldfooddayusa.org>

### October 16 (always 3<sup>rd</sup> Fri in Oct) National Mammography Day

<http://www.nbcam.com> OR  
American Cancer Society  
1599 Clifton Road NE  
Atlanta, GA 30329  
(800) 227-2345  
<http://www.cancer.org> OR...  
> Susan G. Komen Breast Cancer Foundation  
(800) 462-9273  
<http://www.komen.org> OR  
> National Cancer Institute  
(800) 4-CANCER  
<http://www.cancer.gov/>

## NWI 2009 National Health & Wellness Observances Calendar

### October (continued)

#### October 18-24 (third week) **International Infection Prevention Week**

Association for Professionals in Infection Control and Epidemiology, Inc.  
1275 K St., NW, Suite 1000  
Washington, DC, 20005-4006  
(202) 789-1890  
[apicinfo@apic.org](mailto:apicinfo@apic.org)  
[www.apic.org](http://www.apic.org)

#### October 18-24 (third week) **National Healthcare Quality Week**

National Association for Healthcare Quality  
4700 W. Lake Avenue  
Glenview, IL 60025  
(800) 966-9392  
<http://www.nahq.org/>

#### October 18 - 24 **National Massage Therapy Week**

American Massage Therapy Association  
500 Davis Street, Suite 900  
Evanston, IL 60201  
877-905-2700  
<http://www.amtamassage.org>

#### October 19-25 (third week) **National Consultant & Senior Care Pharmacists Week**

American Society of Consultant Pharmacists  
1321 Duke Street  
Alexandria VA 22314-3563  
(703) 739-1300  
[info@ascp.com](mailto:info@ascp.com)  
<http://www.ascp.com/publicrelations/ascpncpw.cfm>

#### October 19-25 (3<sup>rd</sup> week) **National Health Education Week**

(K-6 School Programming)  
National Center for Health Education  
375 Hudson St.  
New York, NY 10014  
(212) 463-4053  
[ray@nche.org](mailto:ray@nche.org)  
<http://www.nche.org>

#### October 21-27 **National Collegiate Alcohol Awareness Week (NCAAW)**

The BACCHUS Network™  
PO Box 100430  
Denver, CO 80250-0430  
(303) 871-0901  
<http://www.bacchusgamma.org>

#### October 23-31 (same dates always) **National Red Ribbon Celebration/ National Plant the Promise Week** (Campaign to keep kids off drugs)

National Family Partnership at  
Informed Family Education Center  
2490 Coral Way, Ste 501  
Miami, FL 33145  
(800) 705-8997  
<http://www.nfp.org>

#### October 25-31 (last full week Oct) **National Respiratory Care Week**

American Association for Respiratory Care  
9425 N. MacArthur Blvd, Suite 100  
Irving, TX 75063  
(972) 243-2272  
<http://www.aarc.org>

#### October 20 **World Osteoporosis Day**

National Osteoporosis Foundation  
1232 22<sup>nd</sup> Street, NW  
Washington, DC 20037  
202-223-2226  
<http://www.nof.org>

#### October 24 (same date each year) **Take Back Your Time Day**

The Simplicity Forum  
PO Box 1812  
Lyons CO 80540  
(877) 867-8833  
[contact@simplicityforum.org](mailto:contact@simplicityforum.org)  
<http://www.timeday.org/>

#### October 25 (4<sup>th</sup> Sat Oct) **Make a Difference Day**

(celebrating people helping people)  
The Points of Light Foundation  
1400 I Street NW, Suite 800  
Washington, DC 20005  
(800) 750-7653  
<http://www.makeadifferenceday.com>  
<http://www.pointsoflight.org>

#### October 28 (Wed of Last week) **Lung Health Day**

American Association for Respiratory Care  
9425 N. MacArthur Blvd, Suite 100  
Irving, TX 75063  
(972) 406-4690 (972) 243-2272  
<http://www.aarc.org>

## NOVEMBER

#### **American Diabetes Month**

American Diabetes Association  
Public Relations  
1701 N. Beauregard St.

Alexandria, VA 22311  
(800) 342-2383  
[AskADA@diabetes.org](mailto:AskADA@diabetes.org)  
<http://www.diabetes.org>

#### **American Indian & Alaska Native Heritage Month**

Indian Health Service (HQ)  
The Reyes Building  
801 Thompson Avenue, Ste. 400  
Rockville, MD 20852-1627

#### **Diabetic Eye Disease Month**

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
<http://www.preventblindness.org>

#### **Great American Smoke out Month**

American Cancer Society  
National Headquarters  
1599 Clifton Road, NE  
Atlanta, GA 30329  
(404) 320-3333; Local Chapter (800)  
ACS-2345  
<http://www.cancer.org/docroot/subsite/greatamericans/smokeout.asp>  
<http://www.cancer.org>

#### **National Alzheimer's Disease Awareness Month**

Alzheimer's Disease and Related Disorders Association  
225 North Michigan Avenue, Fl 17  
Chicago, IL 60611  
(800) 272-3900  
<http://www.alz.org>

#### **National Child Mental Health Month**

c/o New York University Child Study Center  
577 1<sup>st</sup> Ave.  
New York, NY 10016  
(212) 263-6622  
<http://www.aboutourkids.org>

#### **National Epilepsy Awareness Month**

Epilepsy Foundation of America  
8301 Professional Place  
Landover, MD 20785  
(800) 332-1000  
<http://www.epfa.org>

#### **National Family Caregivers Month**

National Family Caregivers Association  
10400 Connecticut Avenue, Suite 500  
Kensington, MD 20895-3944  
(800) 896-3650  
[info@thefamilycaregiver.org](mailto:info@thefamilycaregiver.org)  
<http://www.nfcacares.org>

## NWI 2009 National Health & Wellness Observances Calendar

### November (continued)

#### National Healthy Skin Month

American Academy of Dermatology  
930 East Woodfield Rd  
Schaumburg, IL 60173  
(888) 462-3376  
<http://www.aad.org>

#### National Home Care Month

National Association for Home Care &  
Hospice  
228 7<sup>th</sup> Street SE  
Washington, DC 20003  
(202) 547-7424 (866) 503-7546  
<http://www.nahc.org>

#### National Hospice Month

National Hospice and Palliative Care  
Organization  
1700 Diagonal Rd. Suite 625  
Alexandria, VA 22314  
(703) 837-1500  
Hospice Healthline (800) 658-8898  
<http://www.nhpco.org>

#### Prematurity Awareness Month

March of Dimes Birth Defects  
Foundation  
1275 Mamaroneck Avenue  
White Plains, NY 10605  
(888) 663-4637  
<http://www.marchofdimes.com>

#### November 10-16 World Kindness Week/Day

Random Acts of Kindness Foundation  
1724 Tremont Place  
Denver, CO 80202  
(800) 660-2811  
<http://www.actsofkindness.org>

#### November 15 - 21 American Education Week

National Education Association  
1201 Sixteenth Street NW  
Washington, DC, 20036  
(202) 833-4000  
<http://www.nea.org>

#### November 14 (always Nov 14) World Diabetes Day

International Diabetes Federation  
Avenue Emile de Mot 19, B-1000  
Brussels, Belgium  
<http://www.worlddiabetesday.org>

#### November 15 (always Nov 15) America Recycles Day

National Recycling Coalition, Inc.  
805 15th Street, NW  
Suite 425  
Washington, DC 20005  
(202) 789-1430

info@nrc-recycle.org  
<http://www.americarecyclesday.org>

#### November 19 (third Thursday) Great American Smokeout

American Cancer Society  
National Headquarters  
1599 Clifton Road, NE  
Atlanta, GA 30329  
(404) 320-3333  
Local chapter (800) 227-2345  
<http://www.acsf2f.com/gaso/>

#### November 21 (Saturday before Thanksgiving)

#### National Family Volunteer Day

Points of Light Foundation  
1875 K St NW 5th Floor  
Washington, DC 20006  
Phone: 202-729-8000  
Fax: 202-729-8105  
[Nonprofit.Gov@PointsofLight.org](mailto:Nonprofit.Gov@PointsofLight.org)  
[familyvolunteering@pointsoflight.org](mailto:familyvolunteering@pointsoflight.org)  
<http://www.familycares.org/projects/familyVolunteerDay.cfm>

#### November 22-28 (Thanksgiving week)

#### National Family Week

Alliance for Children and Families  
11700 W. Lake Park Drive  
Milwaukee, WI 53224  
(800) 221-2681  
<http://www.nationalfamilyweek.org>

#### November 26 (always Thanksgiving Day)

#### National Family Health History Day

U.S. Surgeon General  
U.S. Dept. of Health and Human  
Services  
200 Independence Avenue, S.W.  
Washington, DC 20201  
<http://www.hhs.gov/familyhistory/>

#### November 25-January 2 (Thanksgiving through New Year's) Tie One On For Safety Campaign

Attach a red ribbon to your car, and  
drive safe and sober.  
Mothers Against Drunk Driving  
(MADD)  
511 E. John Carpenter Frwy, Suite 700  
Irving, TX 75062  
(800) 438-6233  
<http://www.madd.org>

## DECEMBER

#### November 25-January 2

#### Tie One On For Safety Campaign

Attach a red ribbon to your car, and drive  
safe and sober.  
Mothers Against Drunk Driving (MADD)  
511 E. John Carpenter Frwy, Suite 700  
Irving, TX 75062  
(800) 438-6233  
<http://www.madd.org>

#### International AIDS Awareness Month

International HIV/AIDS Alliance  
(representative office)  
440 Ninth Avenue, 13th Floor  
c/o EngenderHealth  
New York NY 10001  
USA  
Tel: +1 212 993 9835  
<http://www.aidsalliance.org/>

#### National Drunk and Drugged Driving Prevention (3D) Month

National Highway Traffic Safety  
Administration  
Office of Public and Consumer Affairs  
400 Seventh Street SW  
Washington, DC 20590  
(202) 366-6978  
<http://www.nhtsa.dot.gov>

#### Safe Toys and Gifts Month

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
<http://www.preventblindness.org>

#### December 1

#### World AIDS Day

Joint United Nations Programme on  
HIV/AIDS (UNAIDS)  
20 Avenue Appia  
CH-1211 Geneva 27 Switzerland  
<http://www.unaids.org>

#### Mail address:

Private Bag X 9182  
Cape Town, 8000 South Africa  
Tel: + 27 21 466 7827  
Email us at [info@worldaidscampaign.org](mailto:info@worldaidscampaign.org)  
or  
World Aids Campaign  
International Support Team  
Warmoesstraat 149 -151  
1012 JC Amsterdam  
The Netherlands  
<http://www.worldaidscampaign.org>

## **NWI 2009 National Health & Wellness Observances Calendar**

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**December 1-7**

**National Aplastic Anemia Week**

Aplastic Anemia and MDS Internl, Inc.  
AA&MDSIF, PO Box 310  
Churchton, MD 20733 U.S.A.  
[help@aamds.org](mailto:help@aamds.org)  
<http://www.aamds.org>

**December 6-12** (First full week of Dec)

**National Hand Washing Awareness Week**

Henry the Hand Foundation  
11714 U.S. Route 42  
Cincinnati, OH 45241  
(513) 769-3660  
[www.henrythehand.com](http://www.henrythehand.com)

**December 5**

**International Volunteer Day**

External Relations Group  
United Nations Volunteers  
Postfach 260 111  
D-53153 BONN  
Germany  
<http://www.worldvolunteerweb.org>

**December 10th**

**Human Rights Day**

An official United Nations observance day since 1948, for all members of the human family across the globe

**NWI 2009 National Health & Wellness Observances Calendar**

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